



Families Matter At a Glance Class Offerings

November 20, 2020

Families Matter has responded to the Covid19 pandemic by offering many of our classes through online delivery via Zoom. Zoom is a free program that works on laptops and computers. We understand that parents experience new challenges viewing from home so please participate as you are able.

The following parenting classes are open to everyone; however registration is essential. To register, go on line to www.familiesmatter.ca or call us at **403.205.5194**.

Please find below our class and program offerings listed in sections of:

Parent Classes, Parent and Child Classes, Front Runners Youth Programming and Perinatal Mental Health

Families Matter Parent/Caregiver Classes

LOCATION	DATES/TIMES	COURSE NAME
<p>ONLINE via ZOOM</p> <p>A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link</p>	<p>November 23 – November 30, 2020 (Mondays)</p> <ul style="list-style-type: none"> • 6:30 pm – 8:30 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Kids Have Stress Too</u></p> <p>Learn how to recognize stress in children. Identify the key role relationships with parents and caregivers play in helping children learn to manage stress. Practice age-appropriate stress-management techniques that help teach children to relax and become more resilient. Learn effective ways to promote positive emotional development and self-regulation in young children.</p>
<p>ONLINE via ZOOM</p> <p>A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link</p>	<p>November 25, 2020 (Wednesday)</p> <ul style="list-style-type: none"> • 6:30 pm – 8:30 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Dad and the Law</u></p> <p>Are you a dad who is in the process of separating or divorcing? Do you have questions that you would like to ask a lawyer? Join us for these dads only information session.</p>

<p>ONLINE via ZOOM</p> <p>A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link</p>	<p>November 25, 2020 (Wednesday)</p> <ul style="list-style-type: none"> • 10:00 am – 12:00 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Creating New Family Christmas Rituals 2020</u></p> <p>The holidays are looking very different for many of us and this can cause additional stress for you and your children as we navigate this new territory.</p> <p>When we acknowledge these changes and disappointments, we can then empower ourselves to prepare our children and extended families with new creative ways to connect and celebrate.</p> <p>Share your concerns and creative solutions with other parents and caregivers and learn some strategies for coping with stress over the holidays as we manage our expectations and create new experiences for ourselves and our families</p> <p>Susanne is a Designated Trainer with “Strong Minds, Strong Kids Psychology Canada and delivers impactful and useful classes for parents delivered with her good humour and openness.</p>
<p>ONLINE via ZOOM</p> <p>A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link</p>	<p>December 1 – December 10, 2020 (Tuesdays/Thursdays)</p> <ul style="list-style-type: none"> • 7:00 pm – 8:30 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Helping Your Child Learn to Recognize and Manage Their Stress and Emotions</u></p> <p>These classes will give parents the tools & strategies to help their children learn to cope with stress and understand and better to express their feelings. We will learn about stress from your child’s point of view as well as your own stress response and coping skills. The 4th class is about self care to support you.</p> <p>Based on “Kids Have Stress Too” and “Stress Lessons” programs by “Strong Minds, Strong Kids Psychology Canada” to nurture resilience in kids with the use of psychological science so they can manage, learn, and grow from the many challenges in life.</p> <p>For parents & caregivers of children ages 7 to 12.</p> <p>These classes are being presented through an online ZOOM platform, accessible by computer or cell phone. Space is limited to 16 participants.</p>
<p>Families Matter Midpark Family Centre #101-239 Midpark Way SE</p>	<p>December 3 – December 10, 2020 (Thursdays)</p> <ul style="list-style-type: none"> • 5:00 pm – 7:00 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Kids Have Stress Too - for children of ages 13-18</u></p> <p>Learn how to recognize stress in children. Identify the key role relationships with parents and caregivers play in helping children learn to manage stress. Practice age-appropriate stress-management techniques that help teach children to relax and become more resilient.</p> <p>Learn effective ways to promote positive emotional development and self-regulation in young children.</p>
<p>ONLINE via ZOOM</p> <p>A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link</p>	<p>January 5 – January 14, 2021 (Tuesdays/Thursdays)</p> <ul style="list-style-type: none"> • 6:30 pm – 8:00 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Helping Your Child Learn to Recognize and Manage Their Stress and Emotions</u></p> <p>These classes will give parents the tools & strategies to help their children learn to cope with stress and understand and better to express their feelings. We will learn about stress from your child’s point of view as well as your own stress response and coping skills. The 4th class is about self care to support you.</p> <p>Based on “Kids Have Stress Too” and “Stress Lessons” programs by “Strong Minds, Strong Kids Psychology Canada” to nurture resilience in kids with the use of psychological science so they can manage, learn, and grow from the many challenges in life.</p> <p>For parents & caregivers of children ages 2 to 7.</p> <p>These classes are being presented through an online ZOOM platform, accessible by computer or cell phone. Space is limited to 16 participants.</p>

<p>ONLINE via ZOOM</p> <p>A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>January 12 – February 9, 2021 (Tuesdays)</p> <ul style="list-style-type: none"> • 9:30 am – 11:30 am • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>How to Talk So Little Kids Will Listen (ages 2-7)</u></p> <p>How do you respond to the toddler who won't brush his teeth? The preschooler who pinches the baby? The child who throws everything she can reach? It's hard to be a little kid. It's hard to be an adult responsible for that little kid. And it's really hard to think about effective communication when the toast is burning, the baby is crying and you're exhausted. Help is on the way. Join Laurie Florence for this five week program to navigate and thrive in these important years. Ideal for parents of children ages 2 - 7 years old.</p>
<p>ONLINE via ZOOM</p> <p>A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link</p>	<p>January 12 – February 9, 2021 (Tuesdays)</p> <ul style="list-style-type: none"> • 6:30 pm – 8:30 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>How to Talk So Little Kids Will Listen (ages 2-7)</u></p> <p>How do you respond to the toddler who will not brush his teeth? The preschooler who pinches the baby. The child who throws everything she can reach. It is hard to be a little kid. It is hard to be an adult responsible for that little kid. And it is hard to think about effective communication when the toast is burning, the baby is crying, and you are exhausted. Help is on the way. Join us for this five-week program to navigate and thrive in these important years. Ideal for parents of children ages 2 - 7 years old.</p>
<p>ONLINE via ZOOM</p> <p>A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>January 13 – February 10, 2021 (Wednesdays)</p> <ul style="list-style-type: none"> • 9:30 am – 11:30 am • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Terrific Toddlers</u></p> <p>Explores the normal developmental changes and challenges in children 18 months-4 years. Topics such as normal developmental changes and challenges, understanding parenting styles and their effect on behavior, learning through play, positive discipline, avoiding power struggles, effective communication, and self-esteem. Bring your questions! Certificate upon completion.</p>
<p>ONLINE via ZOOM</p> <p>A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link</p>	<p>January 14 – January 28, 2021 (Thursdays)</p> <ul style="list-style-type: none"> • 6:30 pm – 8:30 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Raising Your Spirited Child – Working with Temperament</u></p> <p>Discover the best ways of helping your child reach his/her potential, by matching your parenting methods with their individual temperament traits. In this workshop we discuss security, growth, and new routines, nine temperament traits, individual personality differences, and taking the power out of power struggles.</p>
<p>ONLINE via ZOOM</p> <p>A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>January 14 – February 11, 2021 (Thursdays)</p> <ul style="list-style-type: none"> • 6:30 pm – 8:30 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>How to Talk so Teens Will Listen</u></p> <p>These are important years for deepening the trust between you and your teenager. Ideal for parents of children ages 12 - 17 years old. In this class we will explore how to:</p> <ul style="list-style-type: none"> • Creating a space where you can listen and respond helpfully to your teenager's concerns. • Express your own strong feelings without being hurtful. • Take action and clarify expectations without resorting to threats and punishments. • Encourage your teen to take responsibility and be thoughtful about their choices. • Work out problems together. • Talk about sex, drugs and more without preaching.

<p>ONLINE via ZOOM</p> <p>A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>January 14, 2021 (Thursday)</p> <ul style="list-style-type: none"> • 9:30 am – 11:00 am • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Respectful Parenting</u></p> <p>Parenting is tough! Let's talk about your self-respect, self-image and self-esteem. You are doing a better job than you think! Time to talk and share together. This class supports all parents.</p>
<p>Families Matter Horizon Family Centre #3404-25th St. NE</p>	<p>January 17 – May 2, 2021 (Sundays)</p> <ul style="list-style-type: none"> • 2:00 pm – 4:00 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Caring Dads</u></p> <p>Families Matter is offering the Caring Dads program. The program helps fathers strengthen healthy relationships with their children. The program is offered twice per week. Caring Dads is designed for fathers who want to change behaviors that can lead to violence or are at risk of exposing their children to abusive or neglectful behaviors. Fathers participating in the program will learn strategies to cope with frustrations, develop realistic expectations and change their perspective to better understand, and meet the needs of their children. Caring Dads means safer children.</p>
<p>ONLINE via ZOOM</p> <p>A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>January 21, 2021 (Thursday)</p> <ul style="list-style-type: none"> • 9:30 am – 11:00 am • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Avoiding Power Struggles</u></p> <p>The more early prevention, the less intervention. In this workshop we discuss modern issues and concerns regarding positive discipline; examine the difference between punishment and discipline and learn positive approaches to encouraging positive behavior. For parents of children ages 3 – 9.</p>
<p>ONLINE via ZOOM</p> <p>A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link</p>	<p>January 26 – February 4, 2021 (Tuesdays/Thursdays)</p> <ul style="list-style-type: none"> • 6:30 pm – 8:00 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Helping Your Child Learn to Recognize and Manage Their Stress and Emotions</u></p> <p>These classes will give parents the tools & strategies to help their children learn to cope with stress and understand and better to express their feelings. We will learn about stress from your child's point of view as well as your own stress response and coping skills. The 4th class is about self care to support you.</p> <p>Based on "Kids Have Stress Too" and "Stress Lessons" programs by "Strong Minds, Strong Kids Psychology Canada" to nurture resilience in kids with the use of psychological science so they can manage, learn, and grow from the many challenges in life.</p> <p>For parents & caregivers of children ages 7 to 12.</p> <p>These classes are being presented through an online ZOOM platform, accessible by computer or cell phone. Space is limited to 16 participants.</p>
<p>ONLINE via ZOOM</p> <p>A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>January 28, 2021 (Thursday)</p> <ul style="list-style-type: none"> • 9:30 am – 11:00 am • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Potty Talk!</u></p> <p>Toilet learning tips to make this milestone stress free for you and your child. For parents of children 2-4.</p>
<p>ONLINE via ZOOM</p> <p>A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>February 3, 2021 (Wednesday)</p> <ul style="list-style-type: none"> • 6:30 pm – 8:30 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Effective Communication</u></p> <p>In this workshop we discuss ideas around the impact on communication of words, tone, body language, the importance of listening and the delivery of clear messages needed for cooperation.</p>

<p>ONLINE via ZOOM</p> <p>A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>February 4 – March 25, 2021 (Thursdays)</p> <ul style="list-style-type: none"> 6:30 pm – 8:30 pm No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Circle of Security Parenting</u></p> <p>The Circle of Security is a relationship based early intervention program designed to enhance attachment security between parents and children. Decades of university-based research have confirmed that secure children exhibit increased empathy, greater self-esteem, better relationships with parents and peers, enhanced school readiness, and an increased capacity to handle emotions more effectively when compared with children who are not secure.</p>
<p>ONLINE via ZOOM</p> <p>A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>February 4, 2021 (Thursday)</p> <ul style="list-style-type: none"> 9:30 am – 11:00 am No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Time in vs Time Out</u></p> <p>Guiding children through self-regulation. (Tame the tantrums!). Techniques to teach children how to calm when big emotions overwhelm them. For parents of children ages 1-5.</p>
<p>ONLINE via ZOOM</p> <p>A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>February 11, 2021 (Thursday)</p> <ul style="list-style-type: none"> 9:30 am – 11:00 am No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Sleep Strategies</u></p> <p>Ideas and tips to help your child be a better sleeper. From bedtime to morning. This class supports parents of children ages 1-5.</p>
<p>ONLINE via ZOOM</p> <p>A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>February 16 – April 6, 2021 (Tuesday)</p> <ul style="list-style-type: none"> 9:30 am – 11:30 am No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Circle of Security Parenting</u></p> <p>The Circle of Security is a relationship based early intervention program designed to enhance attachment security between parents and children. Decades of university-based research have confirmed that secure children exhibit increased empathy, greater self-esteem, better relationships with parents and peers, enhanced school readiness, and an increased capacity to handle emotions more effectively when compared with children who are not secure.</p>
<p>ONLINE via ZOOM</p> <p>A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>February 16 – February 25, 2021 (Tuesdays/Thursdays)</p> <ul style="list-style-type: none"> 6:30 pm – 8:00 pm No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Helping Your Child Learn to Recognize and Manage Their Stress and Emotions</u></p> <p>These classes will give parents the tools & strategies to help their children learn to cope with stress and understand and better to express their feelings. We will learn about stress from your child's point of view as well as your own stress response and coping skills. The 4th class is about self care to support you.</p> <p>Based on "Kids Have Stress Too" and "Stress Lessons" programs by "Strong Minds, Strong Kids Psychology Canada" to nurture resilience in kids with the use of psychological science so they can manage, learn, and grow from the many challenges in life.</p> <p>For parents & caregivers of children ages 2 to 7.</p> <p>These classes are being presented through an online ZOOM platform, accessible by computer or cell phone. Space is limited to 16 participants.</p>
<p>ONLINE via ZOOM</p> <p>A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>February 17, 2021 (Wednesday)</p> <ul style="list-style-type: none"> 6:30 pm – 8:30 pm No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Understanding your Child's Temperament</u></p> <p>Discover the best ways of helping your child reach his/her potential, by matching your parenting methods with their individual temperament traits. In this workshop we discuss security, temperament traits, and individual personality differences.</p>

<p>Families Matter Horizon Family Centre #3404-25th St. NE</p>	<p>February 18 – April 29, 2021 (Mondays/Thursdays)</p> <ul style="list-style-type: none"> • 6:00 pm – 8:00 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Caring Dads</u></p> <p>Families Matter is offering the Caring Dads program. The program helps fathers strengthen healthy relationships with their children. The program is offered twice per week. Caring Dads is designed for fathers who want to change behaviors that can lead to violence or are at risk of exposing their children to abusive or neglectful behaviors. Fathers participating in the program will learn strategies to cope with frustrations, develop realistic expectations and change their perspective to better understand, and meet the needs of their children. Caring Dads means safer children.</p>
<p>ONLINE via ZOOM</p> <p>A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>February 18, 2021 (Thursday)</p> <ul style="list-style-type: none"> • 9:30 am – 11:00 am • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Siblings without Rivalry</u></p> <p>We all want harmony and to reduce rivalry between our children. This class discusses how to reduce anger between siblings, encouraging cooperation and problem solving, and understanding the role we play as parents, and when and how to intervene.</p>
<p>ONLINE via ZOOM</p> <p>A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link</p>	<p>February 18 - April 1 (Thursdays)</p> <ul style="list-style-type: none"> • 9:00 am – 12:00 pm • Cost: \$400 <p>To register please go online to www.familiesmatter.ca</p> <p>No childcare available</p>	<p><u>Groupwise-The Art and Science of Facilitating Parent Groups</u></p> <p>The Art & Science of Facilitating Parenting Groups. This professional development opportunity is for participants who are currently working with, or wish to work with, parents in educational and group settings. This program will not address specific parenting curriculum. The emphasis is on creating learning environments, roles, and responsibilities of parent educators, and plenty of time to practice engagement skills. Come join our encouraging and supportive learning team and expand on your skills. This is a seven-week program.</p>
<p>ONLINE via ZOOM</p> <p>A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>February 18 – March 18, 2021 (Thursdays)</p> <ul style="list-style-type: none"> • 6:30 pm – 8:30 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>How to Talk So Kids Will Listen</u></p> <p>It's hard to be a kid. It's hard to be an adult responsible for that kid. And it's really hard to think about effective communication when the toast is burning, the baby is crying and you're exhausted. Help is on the way. Join us for this five week program to navigate and thrive in these important years. Ideal for parents of children ages 7-12 years old.</p>
<p>ONLINE via ZOOM</p> <p>A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>February 22 – March 22, 2021 (Mondays)</p> <ul style="list-style-type: none"> • 6:30 pm – 8:30 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>How to Talk So Little Kids Will Listen - Private</u></p> <p>How do you respond to the toddler who won't brush his teeth? The preschooler who pinches the baby? The child who throws everything she can reach? It's hard to be a little kid. It's hard to be an adult responsible for that little kid. And it's really hard to think about effective communication when the toast is burning, the baby is crying and you're exhausted. Help is on the way. Join Laurie Florence for this five week program to navigate and thrive in these important years. Ideal for parents of children ages 2 - 7 years old. This class is a private offering for twins and triplets.</p>
<p>ONLINE via ZOOM</p> <p>A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>February 24, 2021 (Wednesday)</p> <ul style="list-style-type: none"> • 6:30 pm – 8:30 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>When Consequences Don't Work</u></p> <p>In this workshop we look at the difference between logical & natural consequences, discuss why some consequences don't work and consider some positive re-enforcers to encourage acceptable behavior that work at different ages.</p>

<p>ONLINE via ZOOM</p> <p>A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>February 25, 2021 (Thursday)</p> <ul style="list-style-type: none"> 9:30 am – 11:00 am No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Challenging Behaviors in Young Children</u></p> <p>Is your child hitting, biting, kicking, or has other behaviors that are challenging? Ideas and tools to help parents take control and stop the aggression. For parents of children ages 1-4.</p>
<p>ONLINE via ZOOM</p> <p>A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link</p>	<p>March 2 – March 11, 2021 (Tuesdays/Thursdays)</p> <ul style="list-style-type: none"> 6:30 pm – 8:00 pm No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Helping Your Child Learn to Recognize and Manage Their Stress and Emotions</u></p> <p>These classes will give parents the tools & strategies to help their children learn to cope with stress and understand and better to express their feelings. We will learn about stress from your child's point of view as well as your own stress response and coping skills. The 4th class is about self care to support you.</p> <p>Based on "Kids Have Stress Too" and "Stress Lessons" programs by "Strong Minds, Strong Kids Psychology Canada" to nurture resilience in kids with the use of psychological science so they can manage, learn, and grow from the many challenges in life.</p> <p>For parents & caregivers of children ages 7 to 12.</p> <p>These classes are being presented through an online ZOOM platform, accessible by computer or cell phone. Space is limited to 16 participants.</p>
<p>ONLINE via ZOOM</p> <p>A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>March 4, 2021 (Thursday)</p> <ul style="list-style-type: none"> 9:30 am – 11:00 am No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Picky Eating</u></p> <p>How to handle picky eaters and create a stress-free mealtime for both parent and child. For parents of children ages 1-5.</p>
<p>ONLINE via ZOOM</p> <p>A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link</p>	<p>March 9 – April 6, 2021 (Tuesdays)</p> <ul style="list-style-type: none"> 6:30 pm – 8:30 pm No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>How to Talk So Little Kids Will Listen (ages 2-7)</u></p> <p>How do you respond to the toddler who will not brush his teeth? The preschooler who pinches the baby. The child who throws everything she can reach. It is hard to be a little kid. It is hard to be an adult responsible for that little kid. And it is hard to think about effective communication when the toast is burning, the baby is crying, and you are exhausted. Help is on the way. Join us for this five-week program to navigate and thrive in these important years. Ideal for parents of children ages 2 - 7 years old.</p>
<p>ONLINE via ZOOM</p> <p>A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>March 10 – April 7, 2021 (Wednesdays)</p> <ul style="list-style-type: none"> 9:30 am – 11:30 am No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Terrific Toddlers</u></p> <p>Explores the normal developmental changes and challenges in children 18 months-4 years. Topics such as normal developmental changes and challenges, understanding parenting styles and their effect on behavior, learning through play, positive discipline, avoiding power struggles, effective communication, and self-esteem. Bring your questions! Certificate upon completion.</p>
<p>ONLINE via ZOOM</p> <p>A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>March 11, 2021 (Thursday)</p> <ul style="list-style-type: none"> 9:30 am – 11:00 am No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Understanding Your Child's Feelings</u></p> <p>Fun ways to teach children what feelings are and how to express them. For parents of children ages 1-4.</p>

<p>ONLINE via ZOOM</p> <p>A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>March 18, 2021 (Thursday)</p> <ul style="list-style-type: none"> 9:30 am – 11:00 am No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Discipline vs Punishment</u></p> <p>Positive discipline techniques to help guide parents away from punishment. For parents of children ages 1-5.</p>
<p>ONLINE via ZOOM</p> <p>A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link</p>	<p>March 23 – April 1, 2021 (Tuesdays/Thursdays)</p> <ul style="list-style-type: none"> 6:30 pm – 8:00 pm No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Helping Your Child Learn to Recognize and Manage Their Stress and Emotions</u></p> <p>These classes will give parents the tools & strategies to help their children learn to cope with stress and understand and better to express their feelings. We will learn about stress from your child's point of view as well as your own stress response and coping skills. The 4th class is about self care to support you.</p> <p>Based on "Kids Have Stress Too" and "Stress Lessons" programs by "Strong Minds, Strong Kids Psychology Canada" to nurture resilience in kids with the use of psychological science so they can manage, learn, and grow from the many challenges in life.</p> <p>For parents & caregivers of children ages 2 to 7.</p> <p>These classes are being presented through an online ZOOM platform, accessible by computer or cell phone. Space is limited to 16 participants.</p>
<p>ONLINE via ZOOM</p> <p>A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>March 25, 2021 (Thursday)</p> <ul style="list-style-type: none"> 9:30 am – 11:00 am No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Intentional Parenting</u></p> <p>Does life seem "too busy" or you "lack time" to be a better parent? We all have "quick fix" techniques we use in parenting that are only short-term teaching. Let's talk long term. We will discuss planning and prioritizing where to put our efforts to raise positive, productive children. This class supports all parents.</p>
<p>ONLINE via ZOOM</p> <p>A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>April 1 – April 29, 2021 (Thursdays)</p> <ul style="list-style-type: none"> 6:30 pm – 8:30 pm No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>How to Talk so Teens Will Listen</u></p> <p>These are important years for deepening the trust between you and your teenager. Ideal for parents of children ages 12 - 17 years old. In this class we will explore how to:</p> <ul style="list-style-type: none"> Creating a space where you can listen and respond helpfully to your teenager's concerns. Express your own strong feelings without being hurtful. Take action and clarify expectations without resorting to threats and punishments. Encourage your teen to take responsibility and be thoughtful about their choices. Work out problems together. Talk about sex, drugs and more without preaching.
<p>ONLINE via ZOOM</p> <p>A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>April 7 – May 5, 2021 (Wednesdays)</p> <ul style="list-style-type: none"> 6:30 pm – 8:30 pm No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>How to Talk So Kids Will Listen</u></p> <p>It's hard to be a kid. It's hard to be an adult responsible for that kid. And it's really hard to think about effective communication when the toast is burning, the baby is crying and you're exhausted. Help is on the way. Join us for this five week program to navigate and thrive in these important years. Ideal for parents of children ages 7-12 years old.</p>



Families Matter Parent and Child Together Classes

The following parenting classes are open to everyone, however registration is essential. To register, go on line to www.familiesmatter.ca or call us at 403.205.5194.

<p>ONLINE via ZOOM</p> <p>A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>November 24 - December 15, 2020 (Tuesdays)</p> <ul style="list-style-type: none"> • 9:30 am – 11:00 am • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>The Nuts and Bolts of Play</u></p> <p>What is loose parts play? This group is offered through Zoom. Parents will learn how common household items and recycled materials can be used to create and build through play. This program will discuss types of play and how play can be used to promote learning and development. Ages 3 – 6.</p>
<p>ONLINE via ZOOM</p> <p>A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>November 27 - December 18, 2020 (Fridays)</p> <ul style="list-style-type: none"> • 9:30 am – 11:00 am • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>The Nuts and Bolts of Play</u></p> <p>What is loose parts play? This group is offered through Zoom. Parents will learn how common household items and recycled materials can be used to create and build through play. This program will discuss types of play and how play can be used to promote learning and development. Ages 3 – 6.</p>
<p>ONLINE via ZOOM</p> <p>A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>December 4 – December 18, 2020 (Fridays)</p> <ul style="list-style-type: none"> • 1:00 pm – 2:00 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Story Time on Zoom</u></p> <p>This class will be offered through zoom. There will be singing, dancing, games, and stories planned for each session. Educators will spend the last 30 minutes with Parents or Caregivers who are interested in having a conversation or asking questions about their children, parenting, events, or services offered in the city.</p>
<p>Families Matter Midpark Family Centre #101-239 Midpark Way SE</p>	<p>December 5 – December 19, 2020 (Saturdays)</p> <ul style="list-style-type: none"> • 10:00 am – 1:00 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Papa Bears</u></p> <p>Join us for a morning of fun. Beginning with an hour of free play in our Centre using our water tables, sand tables and art areas. Followed by a circle time of singing, and interactive songs, and then Lunch! Limited to 10 fathers. Be sure to bring your child along (1-4 years old).</p>

<p>Families Matter Horizon Family Centre #3404-25th St. NE</p>	<p>January 9 - January 30, 2021 (Saturdays)</p> <ul style="list-style-type: none"> • 10:00 am – 1:00 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Papa Bears</u></p> <p>Join us for a morning of fun. Beginning with an hour of free play in our Centre using our water tables, sand tables and art areas. Followed by a circle time of singing, and interactive songs, and then Lunch! Limited to 10 fathers. Be sure to bring your child along (1-4 years old).</p>
<p>Families Matter Midpark Family Centre #101-239 Midpark Way SE</p>	<p>February 6 - February 27, 2021 (Saturdays)</p> <ul style="list-style-type: none"> • 10:00 am – 1:00 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Papa Bears</u></p> <p>Join us for a morning of fun. Beginning with an hour of free play in our Centre using our water tables, sand tables and art areas. Followed by a circle time of singing, and interactive songs, and then Lunch! Limited to 10 fathers. Be sure to bring your child along (1-4 years old).</p>
<p>Families Matter Horizon Family Centre #3404-25th St. NE</p>	<p>March 6 - March 27, 2021 (Saturdays)</p> <ul style="list-style-type: none"> • 10:00 am – 1:00 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Papa Bears</u></p> <p>Join us for a morning of fun. Beginning with an hour of free play in our Centre using our water tables, sand tables and art areas. Followed by a circle time of singing, and interactive songs, and then Lunch! Limited to 10 fathers. Be sure to bring your child along (1-4 years old).</p>
<p>Families Matter Midpark Family Centre #101-239 Midpark Way SE</p>	<p>April 3 - April 24, 2021 (Saturdays)</p> <ul style="list-style-type: none"> • 10:00 am – 1:00 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Papa Bears</u></p> <p>Join us for a morning of fun. Beginning with an hour of free play in our Centre using our water tables, sand tables and art areas. Followed by a circle time of singing, and interactive songs, and then Lunch! Limited to 10 fathers. Be sure to bring your child along (1-4 years old).</p>
<p>Families Matter Horizon Family Centre #3404-25th St. NE</p>	<p>May 8 - May 29, 2021 (Saturdays)</p> <ul style="list-style-type: none"> • 10:00 am – 1:00 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Papa Bears</u></p> <p>Join us for a morning of fun. Beginning with an hour of free play in our Centre using our water tables, sand tables and art areas. Followed by a circle time of singing, and interactive songs, and then Lunch! Limited to 10 fathers. Be sure to bring your child along (1-4 years old).</p>
<p>Families Matter Midpark Family Centre #101-239 Midpark Way SE</p>	<p>June 5 - June 26, 2021 (Saturdays)</p> <ul style="list-style-type: none"> • 10:00 am – 1:00 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Papa Bears</u></p> <p>Join us for a morning of fun. Beginning with an hour of free play in our Centre using our water tables, sand tables and art areas. Followed by a circle time of singing, and interactive songs, and then Lunch! Limited to 10 fathers. Be sure to bring your child along (1-4 years old).</p>

For more details or your questions, please contact us at (403)205-5178 or check our website at www.familiesmatter.ca
Administrative Office: #3404-25th St. N.E. Calgary, Alberta T1Y 6C1



Families Matter Frontrunners Youth Programming

The following youth classes are open to everyone aged 7-12yrs, however registration is essential. To register, go on line to www.familiesmatter.ca or call us at 403.205.5194.

These are drop-off programs; parents/guardians are not required to stay.

Signed waivers are required for participation.

LOCATION	DATES/TIMES	COURSE NAME
<p>Families Matter Horizon Family Centre #3404-25th St. NE</p>	<p>September – December 2020</p> <ul style="list-style-type: none"> • Cost: No fee <p><u>September</u>: Coping with Stress & Anxieties <u>October</u>: Developing a Growth Mindset <u>November</u>: Building Positive Relationships <u>December</u>: Gratitude</p> <p>To register please email jordandaalder@familiesmatter.ca or call 403-205-5189.</p>	<p><u>Resiliency Toolkits</u> For youth 8-14 years</p> <p>Developed by themes, each toolkit contains games/crafts/activities that educate and develop specific skills for youth ages 8-14yrs. Included in the kits are also parent/teacher tip-sheets to help them instruct and implement what is being targeted in the activities.</p>
<p>Families Matter Midpark Family Centre #101-239 Midpark Way SE</p>	<p>December 3 – December 10, 2020 (Thursdays)</p> <ul style="list-style-type: none"> • 5:00 pm – 7:00 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Kids Have Stress Too - for children of ages 13-18</u></p> <p>Learn how to recognize stress in children. Identify the key role relationships with parents and caregivers play in helping children learn to manage stress. Practice age-appropriate stress-management techniques that help teach children to relax and become more resilient. Learn effective ways to promote positive emotional development and self-regulation in young children.</p>

For more details or your questions, please contact us at (403) 205-5178 or check our website at www.familiesmatter.ca



Families Matter Perinatal Mental Health

An intake process with one of our Perinatal Mental Health Coordinator before enrolling in a class.

Call 403 205 5194

LOCATION	DATES/TIMES	COURSE NAME
<p>ONLINE via ZOOM</p> <p>A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>September 22 – November 10, 2020 (Tuesdays)</p> <ul style="list-style-type: none"> 6:00 pm – 8:00 pm Cost: No fee <p>To register please call 403-205-5194.</p> <p>No childcare available</p>	<p><u>Prenatal Support Group</u></p> <p>For women 24 to 36 weeks pregnant experiencing anxiety or depression. Women helping women</p> <ul style="list-style-type: none"> Group meets once a week with a trained perinatal mental health facilitator who will lead 8 support and discussion sessions You will get support and your questions will be answered. We offer a non-judgmental space to have conversations about becoming a mother Group support helps everyone heal together
<p>Families Matter Lake Bonavista 16-1215 Lake Sylvan Dr SE</p>	<p>Nov. 12 – Dec. 17, 2020 (Thursdays)</p> <ul style="list-style-type: none"> 6:00 pm – 8:00 pm Cost: No fee <p>To register please call 403-205-5194.</p> <p>No childcare available</p>	<p><u>Postpartum Support Group - Women helping women</u></p> <ul style="list-style-type: none"> Group meets once a week with a trained professional who leads the discussion. You will get support and your questions will be answered. You will feel less confused about what is happening. Group support helps everyone heal together
<p>ONLINE via ZOOM</p> <p>A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>November 17 – December 22, 2020 (Tuesdays)</p> <ul style="list-style-type: none"> 6:00 pm – 8:00 pm Cost: No fee <p>To register please call 403-205-5194.</p> <p>No childcare available</p>	<p><u>Prenatal Support Group</u></p> <p>Prenatal Support Group For expectant mothers experiencing anxiety or depression. Women helping women</p> <ul style="list-style-type: none"> Group meets once a week with a trained perinatal mental health facilitator who will lead support and discussion sessions You will get support and your questions will be answered. We offer a non-judgmental space to have conversations about becoming a mother Group support helps everyone heal together <p>You will be contacted by our supportive intake staff after you have registered.</p>

For more details or your questions, please contact us at (403) 205-5194 or check our website at www.familiesmatter.ca